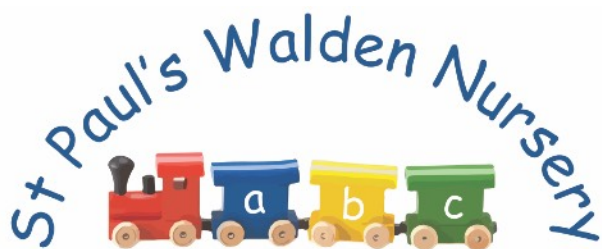


Safeguarding and Welfare Requirement: Health

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.



6.5 Food, drink & nutrition

Version No:	Date:	Changed/Reviewed by:	Comments:
V 2.0	May 2025	Jade Watkins	Point added about cutting fruits lengthways and no popcorn. Celebration cakes added. Lunches to be consumed within a four-hour window.

Policy statement

We regard snack and mealtimes as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and mealtimes, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- We record information about each child's dietary needs in the Registration Form and parents sign the form to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs – including any allergies - are up to date. Parents sign the updated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.

- We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives, and colourings.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
- We show sensitivity in providing for children's diets and allergies. We do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and adults participate.
- Snack is voted for by the children each morning and displayed on the exterior white board for parents to see each day.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- In accordance with parents' wishes, we offer children arriving early in the morning, and/or staying late, an appropriate meal or snack.
- We inform parents who provide food for their children about the storage facilities available in our setting.
- To protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Celebration cakes bought in from families are only given to the children with consent from the parents

Packed lunches

The children who stay for lunch club are required to bring their own packed lunch, we ensure that they are:

- ensure perishable contents of packed lunches are contained and if required an ice pack to keep food cool.
- inform parents of our/ policy on healthy eating.
- encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based deserts, such as yoghurt or crème fraîche, where we can only provide cold food from home. We discourage sweet drinks and can provide children with water.
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks, and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort.
- provide children bringing packed lunches with plates, cups, and cutlery; and
- ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.
- Packed lunches are to be consumed within a four-hour window. This is typically done on the third hour as our lunch club starts at 12pm with nursery doors opening at 9am.

- Fruits are to be cut lengthways (quarters are promoted). We ask popcorn is not provided. Both of these are to avoid choking in young children.

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.
- Food information regulations 2014

This policy was adopted by	ST PAUL' S WALDEN NURSERY	(name of provider)
On	MAY 2025	(date)
Date to be reviewed	MAY 2026	(date)
Signed on behalf of the provider		
Name of signatory		
Role of signatory (e.g. chair, director or owner)		